

# AUGUST 2015

ARNOLD F. HABIG COMMUNITY CENTER  
**OLDER AMERICANS**  
 1301 St. Charles Street, Jasper, IN 47546  
 Phone: 812-482-4455  
 Web Site: [www.jasperindiana.gov](http://www.jasperindiana.gov)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 Center Open 1-4	3 9:00 Exercise Class 9:45 Exercise Class 11:00 Water Aerobics 12:30 Hearts <b>3:00 Money due for Ellis Park Trip *</b>	4 <b>*7:30 Sign up Derby Dinner</b> 10:00 Tender Loving Crafts 11:15 Blood Pressure Checks 12:00 BINGO	5 9-10:30 FREE Computer Assistance 11:00 Water Aerobics 12:30 Mah Jongg 12:30 Golf	6 <b>7:45 Leave Armory for Cincinnati *</b> 9:00 Exercise Class 9:45 Exercise Class 12:30 Cinch Tourney	7 8:30 Mah Jongg 10:00 Singing Seniors 12:30 Dominoes	8
9 Center Open 1-4	10 9:00 Exercise Class 9:45 Exercise Class 12:30 Phase-10 <b>3:00 RSVP due Catered Meal *</b>	11 10:00 Tender Loving Crafts 12:30 Scrabble 12:30 Tripoly	12 9-10:30 FREE Computer Assistance 12:30 Mah Jongg 12:30 Pay Me	13 9:00 Exercise Class 9:45 Exercise Class 12:30 Rum Tourney 12:30 Book Club	14 8:30 Mah Jongg 10:00 Singing Seniors <b>3:00 RSVP Lunch *</b> <b>Bunch and Boomerama</b> 12:30 Hearts	15
16 Center Open 1-4	17 9:00 Exercise Class 9:45 Exercise Class 12:00 Boomerama 12:30 Dominoes	18 10:00 Tender Loving Crafts 11:15 Blood Pressure Checks 12:00 BINGO	19 9-10:30 FREE Computer Assistance 12:30 Mah Jongg 12:30 Golf <b>3:00 Money Due for Derby Dinner *</b>	20 9:00 Exercise Class 9:45 Exercise Class 12:30 Sheep Head Tourney 12:30 Hand & Foot	21 8:30 Mah Jongg 10:00 Singing Seniors at Timbers 11:00 Lunch Bunch 12:30 Phase 10	22
23 Center Open 1-4	24 9:00 Exercise Class 9:45 Exercise Class 12:30 Texas Holdem	25 10:00 Tender Loving Crafts 12:00 Catered Meal 12:30 Scrabble	26 9-10:30 FREE Computer Assistance 12:30 Mah Jongg 12:30 Tripoly	27 9:00 Exercise Class 9:45 Exercise Class 12:30 Euchre Tourney	28 8:30 Mah Jongg 10:00 Singing Seniors <b>11:00 Leave Armory for Ellis Park *</b> 12:30 Pay Me	29
30 Center Open 1-4	31 9:00 Exercise Class 9:45 Exercise Class 12:30 Golf	<b>Staff</b> <b>Carie Dick-Director</b> <b>Bev Hinkle-Assistant Director</b> <b>Cheri Brosmer-Receptionist</b>	<b>Van Drivers: Tanya Jackson &amp; Bernie Schaeffer</b>			



# AUGUST HOMEBOUND 2015

THANK YOU FOR YOUR DONATION. PLEASE ASK THE DELIVERER FOR DONATION ENVELOPES WHEN YOU RUN OUT.

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3 Pasta Casserole Cauliflower Hot Wheat Roll Pudding	4 Smoked Sausage Onions & Peppers Mashed Potatoes Sauerkraut Grape Juice/Bread	5 Chicken & Rice Broccoli Hot Spiced Pears Wheat Bread	6 Chuckwagon Patty Diced Potatoes Mixed Vegetables Oatmeal Pie Wheat Bread	7 Sloppy Joe Cheese Potatoes Peas Fresh Apple Bun	8
9	10 Chicken Patty/Gravy Mashed Potatoes Carrots Pudding Wheat Bread	11 Beef Stew Corn Biscuits Pineapple Juice Wheat Bread	12 Ham & Beans Cornbread Spinach Oatmeal Pie	13 Hamburger/Cheese Potatoes Green Beans Granola Bar Wheat Bread	14 Grilled Cheese Sandwich Soup Peaches Crackers/Cookie	15
16	17 Hot Dogs Baked Beans Sauerkraut Pineapple Bun	18 Cheese Omelet Potato Rounds Stewed Tomatoes Orange Juice Wheat Bread	19 Sausage Gravy Biscuits Hash Browns Fresh Orange Cookie	20 Meatloaf Diced Potatoes Corn Graham Crackers Wheat Bread	21 Tuna Peaches Salad Potato Chips Wheat Bread	22
23	24 Salisbury St/Gravy Mashed Potatoes Vegetable Blend Mixed Fruit Wheat Bread	25 Parmesan Chicken Stewed Tomatoes Potatoes Grape Juice Bun	26 Teriyaki Chicken Sliced Potatoes Lima Beans Pears Wheat Bread	27 BBQ Rib Corn Broccoli Granola Bar Wheat Bread	28 Soup Sandwich Hot Apples Slaw	29
30	31 Swedish Meatballs Broccoli Carrots Mixed Fruit Wheat Bread	<b>Dubois, Daviess, Martin, Pike</b> <b>GENERATIONS NUTRITION</b> <b>Menu Subject to Change</b> <b>without notice. Meals served</b> <b>with milk &amp; margarine</b>				

**AVAILABLE DAILY  
AT THE CENTER**

- **WALKING:** In climate-controlled banquet room, twenty-five (25) laps equals a mile. Monday - Friday from 8 a.m. until 3:45p.m.



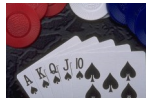
- **OUTSIDE WALKING TRAIL:** Each lap equals 1/3 Mile. Exercise and enjoy the beautiful Summer weather.



- **FITNESS ROOM:** Open for your convenience Monday – Friday from 8:00 a.m. to 3:45 p.m. (We ask that you please register at the front desk when using the fitness room.)



- **CARDS:** Card tables available for your use on a daily basis.



- **BILLIARDS/POOL :** Pool tables are available Monday, Tuesday, Thursday & Friday from 8 a.m. to 3:45 p.m. and Wednesdays from 1 to 3:45 p.m.



**RAINBOW MESSENGER  
AUGUST, 2015**

- **COMPUTER LAB:** The computer lab is available for your personal use daily. Ryan is here to assist you every Wednesday from 9-10:30 a.m. and answer your questions regarding computers. We also have wireless internet if you have questions about your laptop, Kindle or Ipad.



**REGULAR SCHEDULED ACTIVITIES**

- **TLC CLASS (Tender Loving Crafts)** Betty Hoffman craft coordinator and the other crafters would love for you to join the T.L.C. craft class that meets every **Tuesday morning from 10 to 12.** Come in and see the well equipped arts & crafts room. The small studio fee is \$3.00 per session and class participants may purchase project supplies at 50% off cost. Class is fun and educational & a super way to meet new friends.  
**August 4th - Crystal Sun Catchers**  
**August 11th - Fall Wreaths**  
**August 18th - 5x7 Canvas Art**  
**August 25th - "Catch Up"**



- **SINGING SENIORS:** Meet Friday mornings at 10 a.m. at The Habig Center. They will be singing at The Timbers **on Friday August 21st.**



- **BINGO:** Will be played at **12 p.m. Tuesdays, August 4th and 18th.** We ask you to keep bills to \$5's and under as we pay out 100% and do not have change. Cost is \$1.00 per card to play all 50 games and \$.25 to play in the two special games. Someone will be in the Banquet Room to collect money beginning at 11:30 a.m. **\*\*\*You may want to bring a sweater or jacket, it sometimes gets cool.**

B I N G O									
7	25	44	57	62					
15	22	40	50	70					
11	30			46	74				
2	28	37	55	68					
10	27	39	59	75					

- **BLOOD PRESSURE CHECKS:** Will be available in the Banquet Room starting at **11:15 a.m. on Tuesdays August 4th and 18th.**



- **EXERCISE CLASS:** Every **Monday and Thursday morning at 9 a.m.** in the Banquet Room. The exercises are designed to help keep your joints limber. Start your day off with some fun and get health benefits too!

- **EXERCISE CLASS** Come in at **9:45 a.m. on Monday & Thursday mornings** for a group exercise. It is a great way to get your heart pumping. A staff member is with the group and will help guide you as you go at your own pace.



## CARD TOURNEYS



- **Thursday, August 6th**  
Cinch Tourney
- **Thursday, August 13th**  
Rum Tourney
- **Thursday, August 20th**  
Sheephead Tourney
- **Thursday, August 27th**  
Euchre Tourney

Tourneys begin at 12:30 p.m. Entry fee is \$1.00 and paid back to the 1st, 2nd & 3rd place. **Please sign-up by 10:00 a.m.** the morning of the Tourney you are playing in.

- **TEXAS HOLD'EM:** Will be played **Monday, August 24th at 12:30 p.m.** There is a \$1.00 charge for the chips and the winner receives the cash prize. **Reservations are due by 10 a.m. the morning you play.**
- **DOMINOES:** The Mexican Train version will be played at **12:30 p.m. on Friday, August 7th and Monday, August 17th.** It is a fun game that is easy to learn. Everyone is welcome! **Please call in by 10 a.m. if you are coming in to play.**
- **PAY-ME:** A game similar to Rum but played with 3 decks of cards including the jokers will be played at **12:30 p.m. Wednesday, August 12th and Friday, August 28th.** Please let us know by 10 a.m. if you are coming in to play.

## RAINBOW MESSENGER

- **TRIOLEY:** Bring your pennies to play Tripoley at **12:30 p.m. Tuesday, August 11 and Wednesday, August 26th.** We have a lot of fun! **Please call in by 10 a.m. game day if you would like to play.**



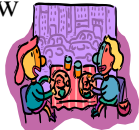
- **SCRABBLE:** How about a little challenge? Come in to play Scrabble at **12:30 p.m. on Tuesdays, August 11th and August 25th.** We have a lot of fun! **Please sign-up by 10 a.m. game day if you plan to attend.**
- **PHASE-10:** Will be played **Monday, August 10th and Friday, August 21st at 12:30 p.m.** It is a fun easy card game, **Please call in by 10:00 a.m. if you would like to play.**
- **HEARTS:** Is a fun game we will play at **12:30 p.m. Monday, August 3rd and Friday, August 14th.** This game is easy to learn and very enjoyable. **Call in by 10:00 a.m. if you will be able to play.**
- **GOLF:** The card game will be played **Wednesday, August 5th and August 19 and Monday, August 31st at 12:30 p.m.** Four to six players can play before adding another deck. Low score wins the game. If you've played it before come in and join the fun, if this is your first time I'm sure you'll enjoy playing. **Please call in by 10:00 a.m. to sign up.**

- **HAND AND FOOT:** A 2 handed, game of Hand and Foot Canasta. It's played with 1 deck per person plus 1 extra deck and all jokers. We will play individually. Join us **Thursday, August 20th at 12:30 p.m.** Please call in by 10:00 a.m. if you would like to play.
- **Wii GAMES:** The Center has a Wii game hooked up to the large screen T.V. in the lower level of the facility. Golf, Tennis, Bowling, Boxing, Baseball, Zumba & Just Dance are available for you to play.
- **PUZZLES:** We have one on the table for anyone who would like to help. Put a few pieces together in passing or sit for awhile.
- **MAH JONGG:** Originated in China & is played with tiles similar to dominoes. The object of the game is to place tiles into combinations that make a "hand". Its concept is similar to Gin Rummy. Games are played on **Wednesdays at 12:30 p.m. and Fridays at 8:30 a.m.** **If you can play on Wednesday please call in by 10 a.m. to let us know.** New players welcome.

## RAINBOW MESSENGER

### \*\*\*SPECIAL ACTIVITIES\*\*\*

- **LUNCH BUNCH:** Meet at the Great Wall, Friday, August 21st at 11:00 a.m. They offer a lunch buffet or order from the menu. As always the meal is "dutch treat". **Reservations are due by 3:00 p.m. Friday, August 14th.** Come enjoy good food and visit with old friends & make new ones!



- **CATERED MEAL:** Will be held at 12:00 Tuesday, August 25th with Sander Catering preparing the meal. The menu will be: Fried Chicken, German Potato Salad, Baked Beans, Glazed Carrots, Creamy Slaw, Bread, and unsweetened iced tea. Cost of the meal is \$7.50. **Please make your reservations by 3:00 p.m. Monday, August 10th.**



- **BOOMERAMA:** Monday, August 17th at 12:00, Anita Shaw will be the guest speaker. She is with Health South and will discuss the emotional effects of a stroke. The program is free. There is a \$5.00 charge to cover the cost of the optional lunch. **Reservations are due by 3 p.m. Friday, August 14th.**



- **BOOK CLUB:** Will discuss "Sea Glass" by Anita Shreve at 12:30 p.m. Thursday, August 13th. The September book will be "The Castaways", by Elin Hilderbrand. Set in Nantucket, it's a suspense novel filled with love and hope as a community comes together after losing two close friends. Find answers to the many questions the friends have. New members are always welcome. **(Meeting in The Library at Center)**



- **WATER AEROBICS:** Jasper Municipal Pool every Monday & Wednesday morning at 11 a.m. The cost of the 45 minute class is \$4.00 per person, or a swim ticket. We will Continue Monday and Wednesday until August 5th. The pool closes for the season August 9th.



## TRIPS

### **Cincinnati Reds vs St. Louis Cardinals Thursday, August 6th**

Bus will leave the Jasper Armory at 7:45am and head to the Great American Ball Park.

Game is set to start at 12:35pm;  
seats are in section 133.



## AUGUST

### **ELLIS PARK** **Friday, August 28th**



Sign ups were in July. Buses will leave the Jasper Armory at 11:00 a.m. with pick-ups in Huntingburg upon request. Cost of the trip is \$56.25 due by 3:00 on Monday, August 3rd. We are staying for all the races and should be home by 7:00 p.m.

## SEPTEMBER

### **Derby Dinner Trip**

### **Church Basement Ladies Last (Potluck) Supper**

Derby Dinner Trip is scheduled for Wednesday, September 10th. We will leave the Jasper Armory at 9:30 a.m. for the Derby Dinner Playhouse. Don't miss the final installment of this very funny series! Enjoy the lunch, matinee show and transportation for \$64.00. Sign-ups start by phone at 7:30 a.m. on Tuesday, August 4th. Money is due by 3:00 on Wednesday, August 19th.

### **6th Annual** **Healthy State of Mind**

Will be held Tuesday, September 15th  
Registration 8:30 a.m. to 9:00 end time approx. 2:30 p.m. This will be at the Huntingburg Event Center.

There are great speakers, vendors and door prizes lined up for a fun and informative day!  
**Call the Habig Center to register for the day. There is a \$10.00 admission fee due anytime before the 15th.**



- **BIRTHDAY & ANNIVERSARY:** If you would like your birthday and/or anniversary to appear in the Newsletter, please let the staff know the month and day. Thank you!!

- **BOOK SHELF:** The books have been moved downstairs to The Habig Room. Thanks to the generosity of so many, we have a great selection of books for you to borrow.



- **SUNDAYS:** The Center is open from 1:00 to 4:00 p.m. for your enjoyment. We appreciate the volunteers who make this possible. If you would like to volunteer to open The Center on Sundays, call and we will add you to the list.
- GENERATIONS is sponsoring INDIANA FIT & 50 SENIOR REGIONAL GAMES: The Active Aging Celebration will start the activities on Monday, August 3rd at the VU Student Recreation Center. They will have a speaker, torch ceremony, vendor fair and other activities. Games will be held at Vincennes University or around Vincennes, Tuesday, August 4th thru Saturday, August 15th. Register online at [www.generationsnetwork.org](http://www.generationsnetwork.org) or call 1-800-742-9002 by July 19th.

# HAPPY BIRTHDAY

## AUGUST



1st	Clara Hurm
3rd	Charlene Cooper
4th	Sarah Steltenpohl
7th	Marlene Seger
10th	Anna Marie Bohnert
10th	Betty Schmitt
10th	Lilly Bauer
11th	Cathy Bradbury
11th	Ed Kreilein
18th	Jean Freyberger
19th	Fern Bonifer
24th	Virginia Schepers
24th	Laverne Berg
25th	Mary Durholz
25th	Virginia Mundy
28th	Valeda Moeller
29th	Betty Heichelbech
29th	Jesse McCarty
31st	Shirley Kendall

# Anniversaries

## AUGUST

1st	John & Betty Gehlhausen
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## Recipe Exchange

### Hobo Cabbage

#### Ingredients:

1 medium Cabbage  
1 onion Diced  
3-6 slices bacon  
Smoked Sausage  
Diced Potatoes  
Salt and Pepper

**Directions:** Line large casserole with foil. Tear cabbage in small pieces and put in dish. Add a few onions, 3 strips of bacon, sausage, potatoes, salt and pepper. Keep layering until casserole is full. Seal all sides very tightly with foil. Bake in 375 degree oven for about 1-1 1/2 hours.

Submitted from: Seasoned with Love cookbook

Have a good recipe to share? We would be happy to publish it.



There are over 400 books on hand for your reading pleasure including: love, inspirational and suspenseful books plus books by authors: Zane Grey, John Grisham, James Patterson, Mary Higgins Clark, Sidney Sheldon, Danielle Steel, Fern Michaels and others.

Call the Center at 683-2994 to make reservations for the Card Tournaments held at 12:30 p.m. on **Mondays**. You will enjoy the day!!

**There will be Bingo all 4 Wednesdays, in August**



## HUNTINGBURG SENIOR CENTER AUGUST 2015

The Huntingburg Senior Center now has games and activities available for those who don't play cards.

Battleship	Boggle	Skip-Bo
Chinese Checkers	Dominoes	Uno
Mastermind	Monopoly	Sorry
Rummikub	Left, Right, Center	
Yahtzee	Puzzle books	
Sudoku	Left, Right	

Deer in the Headlights - A card & dice game. Several have learned to play this and really enjoyed it.

Boggle - A word game using scrambled letters and a timer.

Electronic dart board & a mini 9-hole golf to practice your putting skills.

**\*\*We have games scheduled for most days but you are free to do what ever interests you. You do not have to play the game of the day.\*\***

**Puzzle:** We have one started, come in and help put it together!



## CARRY-IN LUNCH

**Thursday, August 13th and August 27th.** Enjoy a delicious lunch with friends followed by cards & games if you choose to stay. Please bring a favorite dish to share. Bring a friend!



Don't quit walking just because the gym is closed. Walking trails are available in the City and around the county so you can continue your fitness routine.



**\*\* Get your Blood Pressure Checked\*\***  
**First Wednesday of the month from 12:30 - 1:00 p.m.**

## AUGUST BIRTHDAYS

**Norma J. Trent - 1st**  
**Helen Spinner - 12th**  
**Elizabeth Wallace - 15th**  
**Rita Reller - 16th**  
**Jim Rustman - 17th**  
**Joan Suhrheinrich - 23rd**  
**Sally Adams - 27th**



# AUGUST 2015



# HUNTINGBURG SENIOR CENTER

Sun	Mon - 10-5	Tue	Wed - 10-5	Thu- 10-5	Fri	Sat
						1
2	3 12:30 Cinch Touney Sponsor: Brookside	4 CLOSED	5 12:30 - 1:00 Blood Pressure Checks 2:00 BINGO Sponsor: HLS 2:00 Cards & Games	6 12:00 Cards & Games	7 CLOSED	8
9	10 12:30 Euchre Tourney Sponsor: The Timbers	11 CLOSED	12 1:00 BINGO Sponsor: ViaQuest 2:00 Cards & Games	13 12:00 Carry In Lunch Sponsor: St Charles 1:00 Cards & Games	14 CLOSED	15
16	17 12:30 Cinch Tourney Sponsor: Northwood	18 CLOSED	19 1:00 BINGO Sponsor: Scenic Hills 2:00 Cards & Games	20 12-1 Speaker—Nona Baker from Community Foundation 1:00 Cards & Games	21 CLOSED	22
23	24 12:30 Euchre Tourney Sponsor: ViaQuest	25 CLOSED	26 1:00 BINGO Sponsor: The Waters 2:00 Cards & Games	27 12:00 Carry In Lunch 1:00 Cards & Games	28 CLOSED	29
30	31 10:30 Brunch & Cards		309 N GEIGER 812-683-2994 Phone & Fax Rita: 812-309-9576 or 536-5428			